

# PRACTICE SCHEDULE

## MONDAY - THEORY:

- PRACTICE SCALES
- CHORD PROGRESSIONS BY KEYS
- GUITAR SUPER SYSTEMS
- GUITAR METHOD BOOKS

## TUESDAY - EAR TRAINING:

- LEARN CHORD PROGRESSION BY EAR
- LEARN RIFF BY EAR
- LEARN SOLO BY EAR

## WEDNESDAY - TECHNIQUE

- ARPEGGIOS
- HAMMER-ONS AND PULL-OFFS
- LEGATO / ALT PICKING
- HYBRID PICKING

## THURSDAY - IMPROVISATION:

- BACKING TRACKS FOR SOLOS
- BACKING TRACKS FOR MODES
- LOOP STATION

## FRIDAY - SONGWRITING

- WRITE A SONG FOR AF
- WRITE LYRICS
- WRITE MUSICAL PARTS
- WRITE POETRY

## KEY:

### TECHNIQUE

- ALTERNATE PICKING
- LEGATO
- HYBRID PICKING
- SLIDE

### SCALES

- IONIAN
- DORIAN
- PHRYGIAN
- LYDIAN
- MIXOLYDIAN
- AEOLIAN
- LOCRIAN
- MAJOR PENT
- MINOR PENT

### CHORDS:

- PLAY A SONG AT DIFFERENT PARTS ON THE NECK EACH TIME

### EAR TRAINING

- LEARN A SONG BY EAR
- LEARN A SOLO BY EAR

### THEORY

- MANY BOOKS
- ONLINE COURSES

### SONGWRITING

- CREATE NEW MUSIC

### IMPROVISATION

- USE THE LOOPER AND GO MAN GO